



**Noble Maseru, Ph.D., MPH**  
**Health Commissioner**  
**City of Cincinnati**

## **NEWS RELEASE**

Date: September 4, 2007  
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### **HEAT ALERT September 4<sup>th</sup> and 5<sup>th</sup>, 2007**

A Heat Alert has been declared September 4<sup>th</sup> and 5<sup>th</sup> 2007 by Dr. Noble Maseru, Health Commissioner for the City of Cincinnati. The Heat Indices for the two dates are expected to exceed 95 degrees, with moderating temperatures by Thursday September 6<sup>th</sup>.

A Heat Alert is declared when sustained temperature and heat index readings have the potential for causing adverse health effects.

“Under these conditions it is important that residents be aware and responsive to risks due to prolonged exposure to heat and to undue physical exertion” Dr. Maseru explained.

With this declaration, the heat alert communication system was activated, to assure that the Cincinnati Fire Division’s Emergency Medical Services and Rescue Units are equipped to treat heat-related illness, and that the Cincinnati Recreation Centers are opened during regular hours as “cool centers” for individuals and families in need.

Dr. Maseru recommends the following health practices during excessively hot weather:

1. Decrease physical activity. This is particularly advisable for joggers and school athletic teams. Exercise activities should occur early in the morning or in the early evening. Stay in shade as much as possible.
2. Wear loose lightweight and light colored cotton clothing.
3. Drink plenty of water.
4. Eat light meals.
5. Put the alcohol beverages away until cooler weather. Alcoholic drinks can increase a person's risk to heat-related illnesses.
6. Cool down with showers, baths, recreational swimming.
7. Adjust blinds, shades awnings to keep out the sun.
8. Use the basement during the hottest hours.
9. Use a circulating fan to lower temperatures in living spaces when possible, such as bringing cooler air into living areas in the evening or exhausting hotter air when possible. However, using a fan close to and blowing directly onto the body is not protective against heat related illness at temperatures above 90 degrees Fahrenheit.
10. Be a good neighbor and check on those who may need assistance.
11. Individuals with chronic health problems, such as heart disease or lung problems, should minimize activities because the heat will put additional stresses on those systems. Certain medications can increase the risk of heat related illness.
12. Extra caution should be taken for the elderly, young infants and children to assure they are protected from the heat and are exercising these helpful hints.
13. Children and pets should not be left unattended in closed vehicles. Temperatures can reach dangerous levels rapidly.
14. Be kind to your pets. Provide pets with shade and plenty of cool water.

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